

Fit for Life's Favorites

May 2019

Health and Wellness

Making the Healthy Choice, the Easy Choice

Join Cait Melamed, MS, RD to learn some proven tips and strategies for easy meal prep! **FREE**

Wednesday, May 15th @ 10am
Be Well Center - 336 Hall St. SE

Healthy Eating Made Easy

2nd and 4th Wednesdays of the month
10:00am | **FREE**

Be Well Center - 336 Hall St. SE
Contact Karen at (616) 450-3525

Be Well Center

M-Th. at 9-12pm – Open Exercise Room
(Personal trainer available during these times) - 336 Hall St. SE | **FREE**

Monday	Yoga at 5:30pm
Tuesday	Soulful Motion at 5:30pm
Wednesday	Walking Club at 5:30pm
Thursday	Yoga at 12pm Weight & Glory at 5:30pm (Last class is May 30 th)

Spectrum Health – Programa Puente

Programa Puente - 1357 Grandville Ave SW

Monday	Tabata at 5pm Zumba at 6pm
Tuesday	Strong at 12pm Zumba at 6pm, 7pm
Wednesday	Zumba at 6pm
Thursday	Strong at 12pm
Friday	Tabata at 12pm

Stroke Prevention: Signs, Symptoms and Wellness

Join Neurologist, Muhib Khan, MD for a discussion surrounding healthy lifestyles choices and stroke prevention.

Thursday, May 23, 6 – 7:30pm | **FREE**

Spectrum Health Healthier Communities
665 Seward Ave NW, Suite 110

Register: (616) 391- 5000 opt.1

Community Health and Wellness Events

Women Health Promotion Program

Support network for women and pregnancy.
Location and Times: Varies | **FREE**
Child care and transportation provided
Call: (616) 526-7858 or preknop@calvin.edu

Young at Heart Series Exercise Class

Mondays & Wednesdays at 9:30-10:15am
228 Carrier NW - Grand Rapids, MI 49505
Contact: (616) 913-4419
Suggested \$3 donation

On-Going Fitness and Stress Relief

Grand Rapids Park and Recreation

The City of Grand Rapids offer a number of exercise class throughout the year. A scholarship is available; amount varies up to 50% off and lasts for a year for the whole household.

Phone: 616-456-3696
Email: parksandrec@grcity.us
Site: www.grandrapidsmi.gov

YOGA & Chair YOGA

Park Street Church
Wednesdays at 6:30pm | **FREE**
10 East Park Place NE
Contact: (616) 459-3203

Sit & Be Fit

Thursdays at 10am | **FREE**
Grand Rapids International Fellowship
3765 Kalamazoo Ave SE
Contact: Marsha Dehollander at
mdehollander@grifonline.org

Hustle & Groove

No Limit Fitness
Thursdays at 7pm | **FREE**
4560 Bowen SE Kentwood, MI
Phone: (616) 281-8285

Chair Yoga

Wednesdays at 9:30am | **FREE**
UCOM - 1311 Chicago Dr. SW
Classes are subject to change.
Call to confirm, (616) 241-4006
Note: Children aren't allowed unless they are old enough to participate. (No childcare)

Tai Chi for Arthritis

Monday's & Wednesday April 8th- June 3rd
4-4:45pm|**FREE**
Spectrum Health South Pavilion
80 68th Street SE, Grand Rapids
Register: 616-233-0283